



2023 Juniors Camp

July 31 - August 4

August 14-18

9:00am - 3:00pm



Our Juniors summer camp is designed for boys and girls ages 7-12 and is an excellent way for new students to establish a solid foundation in Taekwon-do fundamentals, and for experienced martial artists to improve their minds and bodies. Emphasis will be placed on Taekwon-do instruction and age-appropriate physical conditioning.

Activities will take place in our large, bright, air-conditioned space, as well as outdoors. A typical day at camp includes two Taekwon-do lessons, games, and other Taekwon-do-related activities. Campers have a lunch hour which includes time for games.

Camp meets Monday through Friday, 9:00am-3:00pm. Campers can attend one or both weeks of camp. Doors will open starting at 8:45 if you wish to drop your child early. We will spend some time in the Taekwon-do school and some time outdoors in the park. Please arrive on time as some mornings we will be leaving the school to go to the park right away. All travel to parks or other outdoor sites will be by walking.

We have to have a minimum number of students for us to be able to run any particular camp, if it looks like we won't have enough people to run a camp we will notify participants in advance.



2023 Juniors Camp Application Form

Camp Guidelines

- Participants must bring:
 - Snack, lunch and refillable water bottle
 - A towel to sit on
 - Campers will arrive in street clothes and will bring their belt and Taekwon-do uniform (dobok).
 - Campers will need to wear appropriate shoes for walking to the park and possibly for practice in the park
 - Masks are not required but anyone wishing to wear a mask may do so
- Activities will take place outside and in our large, bright, air-conditioned space
- Campers may join one or both weeks of camp. Campers who qualify may also take Young Adults camp.
- Being outside means we will be paying extra attention to keeping everyone hydrated, so campers should not bring a small water bottle.
- Campers will be walking to the park and possibly practicing outside in shoes, therefore flip flops or crocs are not allowed at camp. The shoes they wear need to be comfortable for walking and practice.
- Campers should arrive with sunblock applied, they can re-apply as needed.
- In case of rain we may still go outside so campers are welcome to bring a jacket or cap. Campers should keep in mind that white or light-colored shirts can become transparent when wet.
- Participants should be dropped off each day at Glen Ridge Taekwon-do between 8:45-9:00am. Pick up will be at the same location at 3:00pm.
- A parent or responsible adult will sign campers in and out each day.

If you have any questions please feel free to contact Master Giletti at MasterGiletti@glenRidgeTKD.com



2023 Juniors Camp Application Form

Camper's Name _____

Age & Birthdate _____ T-shirt size: _____

*Child Small, Medium, Large
Adult Small, Medium, Large, XL, XXL, XXXL*

<input type="checkbox"/>	July 31 - August 4, 2023
<input type="checkbox"/>	August 14-18, 2023

\$450 per week for GlenRidgeTKD students whose membership is current for the week of camp

\$500 per week for campers who are not current GlenRidgeTKD members or whose membership is lapsed or on Summer freeze.

Parent/Guardian's Name _____

Address _____

City, State, Zip _____

Phone _____

Contact email: _____

(email is our main method for non-emergency contact)

In case parent is not available in an emergency, please provide another contact.

Name: _____ Phone: _____ Relation: _____

In case we want to use balloons in camp is your child allergic to latex? Yes No

Please list any other information about your child that will ensure they have the best experience at this camp:



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PARENT/GUARDIAN'S AUTHORIZATION: All information on this form is correct and complete to the best of my knowledge, and my child has my permission to engage in all activities as part of the day camp at Glen Ridge Taekwon-do (GlenRidgeTKD). Permission is granted to GlenRidgeTKD to use any photos or video in which my child may appear for the purpose of publicity. In the event of an emergency, I hereby give permission to the physician selected by GlenRidgeTKD to secure proper treatment for my child in the event that I cannot be reached. All reasonable care will be given to ensure camp participants a safe and healthy experience, however, Glen Ridge Taekwon-do and its staff and employees are not responsible for any illness or injury, accidental or intentional that occurs to the participant during any of GlenRidgeTKD summer camps. In case of injury, participant should submit to their personal insurance policy. For the health of all camp participants, please notify GlenRidgeTKD if your child has been exposed to any communicable diseases or has symptoms of COVID-19.

All campers and staff may wear masks but they are not required to. If camper is sick they must be free from fever, vomiting or diarrhea for 24 hours before attending camp. People with COVID-19 should isolate for 5 days and if they are asymptomatic or their symptoms are resolving (without fever for 24 hours), follow that by 5 days of wearing a mask when around others to minimize the risk of infecting people they encounter.

I have read and understand these guidelines and agree to follow them.

Parent/Guardian Signature _____ Date _____

Name (please print): _____